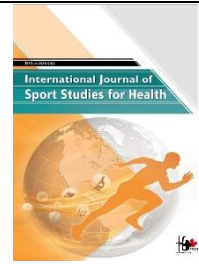





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Identifying Key Factors Influencing Hamstring Muscle Strains in Football Players: A Narrative Review with Descriptive Analysis



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1. Round 1

1.1 Reviewer 1

Reviewer:

Consider adding specific prevalence rates or statistics for amateur and professional levels to strengthen the introductory claim.

Consider specifying reasons for this inconsistency and potential barriers to implementation.

Please consider clarifying how this informs specific prevention or training strategies, such as Nordic hamstring exercises.

Please consider specifying measurable thresholds for flexibility deficits to guide practical assessments.

Consider including specific age brackets and referencing longitudinal studies.

Please consider including a table or figure illustrating a model for workload tracking.

Author revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Reviewer:

Please consider providing details on how search results were screened and evaluated for inclusion to enhance reproducibility.

Consider including a search query or strategy as a supplementary table to improve transparency.

Please consider citing specific studies or meta-analyses to support this statistic and adding a confidence interval if available.

Consider elaborating on the biomechanical differences contributing to this increased risk.

Please consider including comparative data or percentages for the other hamstring muscles to provide context.

Consider quantifying these workloads using acute-to-chronic workload ratios from cited studies.

Please consider including a brief discussion of interventions or strategies to mitigate this risk.

Consider providing specific examples or protocols for these warm-ups.

Author revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.